

EPEC ~ Being a Parent

Because children don't come with instructions ☺



What is the EPEC ~ Being a Parent?

Empowering Parents Empowering Communities (EPEC) ~ Being a Parent (BAP) is a parenting programme designed to help you address behavioural difficulties, support child development and outcomes, parenting skills, family resilience and family relationships.

From melt down to magic !

Join like-minded parents and carers in a supportive group, where you are encouraged and supported to explore:

- Positive behaviour management and discipline strategies.
- Managing parent and family stress.
- Understanding and managing children's feelings.
- Parent listening, communication, play and interaction skills.
- Attachment and parent-child relationships.
- Parenting roles, expectations, and culture.



Why is it different?

Being a Parent groups runs over 8 weeks, 2 hours a week and is completely free.

It is run for parents by parents.

Their experiences, backgrounds, skills, and qualities make each session inviting, engaging and fun.

Who is it for?

All parents and carers in Leeds who have one or more children between the ages of 2 to 11 years. The content relates well to getting children school ready.

Before Being a Parent begins there is a welcome session where you can learn more about what is involved and meet the other parents that are interested in joining the group too.

It's your time, no children, just you!



Where and when is it?

Swarcliffe Community Centre (Shop)

65 Stanks Gardens, LS14 5LS

Wed 17th Sept, 9:30 ~ Tea & toast information session.

Wed 24th Sept, 11:00 – 1:00, 8-week group starts (no group at half term).

Free lunch for group members

Please note: there is no transport or childcare available

Interested in finding out more – Come along to the Tea & Toast info session

or email Leeds.epec@leeds.gov.uk Or call/message Barbara (EPEC coordinator) on 07891 270311